

Joe Russell

PATRIOT

WRESTLING CAMPS



**FEATURING GEORGE MASON UNIVERSITY
HEAD COACH JOE RUSSELL AND
HEAD ASSISTANT COACH TOMMY OWEN**

703-993-3299 or 703-483-5030
www.gomason.com



PATRIOT ELITE
WRESTLING CLUB

FOR MORE INFORMATION:

Call Joe Russell: 703-993-3299
or Tommy Owen: 703-483-5030
Email: patriotwrestlingcamps@gmail.com

or visit our Web sites

www.gomason.com • joerussellwrestling.com
www.patriotelitewrestling.com
(click on teams, scroll down to wrestling and click on
our camp link)

All camps are open to wrestlers from 5 to 18 years old.

George Mason University Head Wrestling Coach Joe Russell will embark on the third year of Patriot Wrestling Camps. We will have 6 camps. 5 commuter technique camps and father/son camp. All camps will be held at the Field House only. Space will be limited. With 6 outstanding camps from which to choose the 2014 Patriot Camps will provide opportunities and options for all.

The Mason coaches and wrestlers will headline the 2014 staff. Leading this year's staff will be current George Mason Head Wrestling coach Joe Russell who took over the Patriots in July 2011. Coach Russell brings in outstanding credentials as both an athlete and coach. Coach Russell has THREE NCAA national championship rings from the University of Minnesota as an assistant coach. Coach Russell is also on the board of directors for USA Wrestling. Patriot camps will not only be beneficial to the competitors but for coaches to learn and interact with one of the most knowledgeable coaches in our profession.

Camps will be held in the Field House Athletic Facility on George Mason University's campus. We will be offering top-notch technique stemming from the Patriot wrestling system along with one-on-one interaction with Patriot wrestlers and coaches.

Our GOAL is to provide the campers with a meaningful experience where they will grow as a wrestler and a person. We want to help them develop wrestling and life skills, while at the same time having some fun.

2014 WRESTLING CAMPS

July 11-12

Father/Son Family Commuter Camp George Mason University Wrestling Room

Per person for father/son \$75
(\$150 per family)-additional children \$50

Price includes three technique sessions and a camp t-shirt. For those wishing to stay overnight discount rates will be available for the Mason Inn

Father/ Son Family Camp Schedule

Friday	Saturday
6:00-7:00pmCheck In	9:30-11:30amSession II
7:00-8:30pmSession I	11:30am-1:00pmLunch (Lunch not provided)*
	1:00-3:30pmSession III

Check in Friday July 11th at the Field house Athletic Complex on George Mason University.

*Can bring own meal or eat at Johnson Hall. Supervision will be provided.

June 23-27 / July 7-11 / July 14-18 / July 28-Aug 1

5 Day Commuter Folkstyle Technique Camp George Mason University Wrestling Room

Per Person \$250

5 Day Commuter folkstyle technique camps

9:30-11:30am Session I
11:30am-1:00pm Lunch (Lunch not provided)*
1:00-3:30pmSession II

Check in at 9:00am on the first day

*Can bring own meal or eat at Johnson Hall. Supervision will be provided.

July 14-18

Folkstyle Evening Technique Camp George Mason University Wrestling Room

Per Person \$100

If wrestler also attends the July 14-18 day camp the cost will only be \$75.

Folkstyle Skills Camp Schedule

6:30-8:30pmSession I

Check in at 6:00pm on first day

MEDICAL INSURANCE

Each Camper is responsible for their own insurance. NO ONE will be admitted to the camp without a signed emergency release including an insurance policy number (on application form).

2014 JOE RUSSELL PATRIOT WRESTLING CAMPS REGISTRATION FORM

I will attend: Father/Son Camp July 11-12 | \$75 per person Additional Children \$50 each ____
 5-Day Camp June 23-27 or July 7-11 or July 14-18 or July 28-August 1 (circle one) | \$250
 Folkstyle Evening Camp July 14-18 | \$100 per person (\$75 if also attending the July 14-18 Day Camp)

T-Shirt size (circle one) Youth: S M L Mens: S M L XL XXL XXXL

Last Name _____ First Name _____ Age _____ Weight _____

Address _____ City _____ State _____ Zip _____

Name of School _____ Grade _____ E-mail _____

In case of injury or illness, necessary emergency treatment is authorized.

Insurance Company _____ Policy Number _____

I hereby release Joe Russell's Patriot Wrestling Camp from any and all liability and injuries or illness incurred while in camp. In case of illness or injury incurred while in camp, I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Home Phone _____ Cell phone _____ Email _____ Parent/Guardian Signature _____

Enclosed is my deposit (check or money order): Father/son \$75 per family | 5-Day commuter \$150 | Folkstyle Evening \$50
 Make checks payable to Joe Russell's Patriot Wrestling Camps. Mail application to Patriot Wrestling Camp • 14852 Bodley Square • Centreville, VA 20120 After receiving your deposit, we will send you a confirmation email.